

LIVE STREAM

MANIA

PRE-CON CERTIFICATIONS  
Wednesday, July 22

PRE-CON CERTIFICATIONS  
Thursday, July 23

Grid of certification and workout options for Wednesday and Thursday, July 22-23, categorized by A (HIIT / FUNC / PT), B (GX / AGING / CORE), C (RECOVERY / YOGA / BARRE / PILATES), and D (GROUP X [PRE-RECORDED]).

Grid of certification and workout options for Friday, Saturday, and Sunday, July 24-26, categorized by E (CYCLE / HIIT / MIND BODY / GX / ROW), F (AQUA (ON LAND)), G (NUTRITION), H (BUSINESS), and I (BUSINESS).

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FRIDAY, JULY 24

FR1, FR2, FR3 schedule for Friday, July 24, including times and descriptions for workouts like Weight-Free Endurance Workout and Active Aging Chair Yoga.

VIRTUAL EXPO BREAK: 1:25pm-2:05pm EST • 12:25pm-1:05pm CST • 10:25am-11:05am PT

FR4, FR5, FR6 schedule for Friday, July 24, including times and descriptions for workouts like Tubing Xpress Spreen-Glick and Coach by Color with Myzone.

SATURDAY, JULY 25

SA1, SA2, SA3 schedule for Saturday, July 25, including times and descriptions for workouts like Bosu Toolbox Galvan and Functional Flexibility for the Ageless Body.

VIRTUAL EXPO BREAK: 1:25pm-2:05pm EST • 12:25pm-1:05pm CST • 10:25am-11:05am PT

SA4, SA5, SA6 schedule for Saturday, July 25, including times and descriptions for workouts like 30-Minute Cluster Circuits and Barre Fight Wartenberg.

SUNDAY, JULY 26

SU1, SU2, SU3, SU4 schedule for Sunday, July 26, including times and descriptions for workouts like The Ultimate Fitness Equation and Completely Core Appel.

FR1, FR2, FR3 schedule for Friday, July 24, including times and descriptions for workouts like Down & Dirty 30 and Aqua Abs WIM-SY.

VIRTUAL EXPO BREAK: 1:25pm-2:05pm EST • 12:25pm-1:05pm CST • 10:25am-11:05am PT

FR4, FR5, FR6 schedule for Friday, July 24, including times and descriptions for workouts like Schwinn F.E.A.R. Face and WATERinMOTION Strength.

SA1, SA2, SA3 schedule for Saturday, July 25, including times and descriptions for workouts like Schwinn Cycle of Life and Barre H2O Wartenberg.

VIRTUAL EXPO BREAK: 1:25pm-2:05pm EST • 12:25pm-1:05pm CST • 10:25am-11:05am PT

SA4, SA5, SA6 schedule for Saturday, July 25, including times and descriptions for workouts like Schwinn Panel: Reinvent the Wheel and Aqua Core Senior Style.

SU1, SU2, SU3, SU4 schedule for Sunday, July 26, including times and descriptions for workouts like Schwinn Inspired Intensity and Waves On Fire: Chair Dance.